

# Dandelion Greens FRITTATA

(1 serving makes 8 slices)

## Ingredients:

- 1/4 cup sliced onions
- 1 tablespoon bacon grease or olive oil
- 1 handful of fresh or frozen & thawed dandelion greens
- 4 eggs
- 2 tablespoons of milk
- salt & pepper to taste

## Directions:

1. In a medium skillet, sauté sliced onions in bacon grease or oil until soft and browned.
2. Add a fresh handful of dandelion leaves and cook until wilted.
3. Whisk eggs and milk in a bowl. Add mixture to skillet and season with salt and pepper. Cook on medium heat until eggs are puffy and done.
4. Serve with fresh avocado.

Optional: Add sautéed vegetables such as peppers, asparagus, or mushrooms to the frittata. Top with shredded cheese.

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